End of the line?

Roughriders slotback Jason Clermont may be tossing in the towel, calling himself "a retired CFL all-star" on Twitter PAGE 13

SAFETY BEHIND A STEELY STARE

ACTION STAR JASON STATHAM'S NEW FLICK STICKS TO A FAMILIAR SCRIPT PAGE 8

SASKATOON metro®

Wednesday, April 25, 2012

News worth sharing.

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Emma Cawood cruises down Broadway Avenue. MORGAN MODJESKI/METRO

Bike boulevard hailed as step in right direction

Proposed project. New boulevard would try to make cycling safer in city, with continuous path that gives priority to cyclists

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Cyclists in Saskatoon might soon be rejoicing.

The city held an open house on Tuesday night outlining plans for a bike boulevard that would connect the west side of the city to downtown.

"We do think it's a step in the right direction," said Gord Androsoff, chair of the outreach committee with Saskatoon Cycles. "A lot of people have been pushing for more connected and safer cycling routes, so a well-constructed bike boulevard would go a long way in accomplishing that."

Androsoff said though Saskatoon has a number of good bike corridors, a lot of them are not fully connected. The proposed project would see a continuous pathway that would run west from Idylwyld Drive, alongside 23 Street West, eventually connecting to a multi-use path to Betts Avenue.

"The intent of the bike boulevard is to create a safe and efficient route for cyclists to get from the west side of the city, to the centre in the downtown area," said Angela Gardiner, manager of the city's transportation branch. "By providing a route that gives priority to cyclists, it will achieve those intents.

"This is just one component to get to where we want to be."

Battle to breathe easy

With respiratory problems abundant among aboriginals, researchers are looking into the reasons why on two of the province's reserves PAGE 2

Locked away in Hungary

Asylum-seekers who fled war-torn countries for safety say they are being imprisoned in Hungary for no just reason PAGE 3

Under the sea in Oahu

Glide past spectacular reefs, surround yourself with sea critters and by chance spot a sinister shark in the confines of a submarine on this unique deep-sea adventure PAGE 10

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NEWS

On the web

Ruff life in rehab

Four-legged victims of disasters, dogfighting operations and puppy mills are now being given a second chance. The American SPCA has set up a rehab centre for rescued furry friends. Watch the video at metronews.ca.

A hole lot of trouble

A young girl plunged about seven metres after a hole opened up beneath her feet as she walked on the sidewalk. The shocking footage was captured on a security camera in China's Shaanxi Province. Watch at metronews.ca.

Mobile news

Two men have been arrested after a dangerous booby-trap was found on a Utah hiking trail. A 20-pound spiked boulder was rigged with trip wire to swing at head level. Scan the code for the story.

Aboriginals' respiratory health focus of study

James Dosman, co-principal investigator of the study, and Remonda Gardipy, chief of Beardy's and Okemasis First Nation, watch Bryce Michael, Beardy's First Nation health councillor, breathe deep into a spirometer, a device used to measure a person's breathing. MORGAN MODJESKI/METRO

Research. Housing, mould, environment could all play part in development of diseases

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Saskatchewan's aboriginal communities may be breathing a sigh of relief.

A new initiative will look into the contributing factors in the cause of respiratory health issues on two of the province's reserves.

"When it comes to First Nations people, we have quite a lot of administrative data, like how many people get hospitalized and so on, but we have surprisingly little data that actually measures the breathing," said the University of Saskatchewan's James Dosman, co-principal investigator of study.

The project, titled Assess, Redress, Re-assess: Addressing Disparities in Respiratory Health Among First Nations People, is a collaboration between the University of Saskatchewan, the University of Regina, First Nations University of Canada and two First Nations communities in the province.

The research is being funded through an award of $1.5 million from the Canadian Institute of Health Research — Institute of Aboriginal Peoples' Health.

Tests and consultations will be conducted with both the Beardy's and Okemasis First Nation, and the Montreal Lake Cree Nation. Over the next two years researchers will examine what role environmental factors, such as housing, play in the development of respiratory problems.

"After four years we're going to examine the situation again and we're going to see what's happening," said Dosman. "We think what we learn here is quite applicable across Canada. We think it's a really important study."

Details

- Rates of hospitalization in children less than one year old are two to three times higher than the Canadian average.
- Researchers say they will bring information collected back to First Nations communities.
- Study will look at asthma, chronic bronchitis, chronic obstructive pulmonary disease and obstructive sleep apnea.
- In Saskatchewan, 53 per cent of houses on First Nations reserves need major repair.
- Researchers say poor housing conditions like overcrowding, mould and dampness could all contribute to respiratory problems.
- Research on the project will commence with partner communities this spring.

For more local news visit metronews.ca/saskatoon

Funding. New initiative addresses wait times for surgical patients

As part of the government of Saskatchewan's $60-million investment in the Saskatchewan Surgical Initiative, the Saskatoon Health Region (SHR) will be getting about $23 million over the next fiscal year.

Announced in the March 21 provincial budget, the funding aims to provide patients with the option of surgery within three months by 2014.

"Our region has worked hard over the last two years to implement all the initiatives within the Saskatchewan Surgical Initiative," says Jenny Bartsch, director of surgery services with the SHR, in a release.

"The involvement, participation and teamwork between various departments and individuals has resulted in improvements for patients beyond just reductions in wait times. We are confident that we will meet the Surgical Initiative's year-three target that no patient waits for more than six months for the option to receive surgery."

SHR performs more than 40 per cent of the province's surgeries. MORGAN MODJESKI/METRO

Commuting

Broadway Bridge lanes closing for repairs

The westbound lanes of the Broadway Bridge will be temporarily closed as crews work on repairing a sanitary sewer line break on Saskatchewan Crescent.

The pedestrian walkways on both sides of the bridge will not be affected by the lane closures.

If the repair goes as expected the lanes will be reopen in time for the Thursday morning commute.

METRO

Investigation

Prince Albert jail worker charged with trafficking

A Prince Albert penitentiary worker has been charged with drug trafficking.

An investigation at the Saskatchewan Penitentiary by members of the RCMP and Provincial GIS have led to charges against Danielle Spence for possession for the purpose of trafficking cocaine and marijuana.

Spence, 26, has been released from custody and will be appearing in Prince Albert court on May 17.

METRO

Court

3 years in prison for neglectful grandparents

A Saskatchewan couple convicted of starving their young granddaughter has been sentenced to three years in prison.

The two accused, who cannot be named, were found guilty in February of failing to provide the necessities of life to their granddaughter.

Court heard the little girl, who is now seven, was kept on a cement floor in a windowless room in the couple's home in the Fort Qu'Appelle area, east of Regina. THE CANADIAN PRESS

Inevitable breakup?

Charest among those surprised by Ignatieff's musing

There are some surprised reactions to remarks by ex-Liberal leader Michael Ignatieff, who suggested in a BBC interview that Quebec and Canada are almost two separate countries floating toward a breakup.

That suggestion was met with resistance on Tuesday from federalist Quebecers. "What I will tell you is a strong majority of Quebecers believe in Canada," said Quebec Premier Jean Charest.

THE CANADIAN PRESS

Crime

Ottawa to hike victim surcharge

The federal government plans to double the victim surcharge levied against criminals. The surcharge goes to help victims.

Justice Minister Rob Nicholson says he will bring in legislation to set the surcharge at 30 per cent of any fine levied, with no exemptions.

THE CANADIAN PRESS

Appeal

Wife killer can collect on life insurance: Court

A man who killed his wife should be allowed to collect on her life-insurance policy because he was insane at the time, Ontario's highest court ruled on Tuesday.

In overturning a lower judge's decision, the Ontario Court of Appeal decided that public policy, which normally would bar killers from benefiting from their victims' deaths, does not apply in this case.

However, the court put its decision on hold to allow the government to try to seize the money.

THE CANADIAN PRESS

Myanmar

Sanctions yanked

Canada has suspended most of its sanctions against Myanmar in recognition of the country's moves toward democracy, with former political prisoner Aung Sang Suu Kyi winning a parliamentary seat in historic elections there this month.

THE CANADIAN PRESS

One dead following Prince George, B.C., sawmill explosion

No warning.
Second deadly explosion this year prompts province to announce all sawmills will be inspected for safety

Evening-shift workers at a Prince George, B.C., sawmill ran for their lives after an earth-shaking explosion and massive fire sent walls crumbling down on top of them.

The blast killed one person and critically injured at least seven more.

Colleagues at the Lakeland Sawmill scrambled to help each other, with one saying he used scissors to cut charred clothing off those whose burned skin was dripping. "It was quite gruesome," said union representative Brian Croy.

THE CANADIAN PRESS

A large fire burns at the Lakeland Mills sawmill in Prince George, B.C., on Tuesday. ANDREW JOHNSON EDIT/THE CANADIAN PRESS

Just put it on our tab

Oda not the biggest spender

Bev Oda may be in hot water for her champagne tastes, but by no means is she the highest-spending member of Stephen Harper's cabinet.

That distinction goes to Gerry Ritz.

The agriculture minister has racked up the biggest travel and hospitality tab of any of his Conservative colleagues in recent years.

That's apparently because of trade missions that have taken him all over the globe.

It has cost $271,489 since March 2010 to send Ritz to such far-flung destinations as Italy, Turkey, Indonesia and Japan.

He edged out Finance Minister Jim Flaherty to claim the top spot.

Travel and hospitality costs for Flaherty came to $270,119.

Defence Minister Peter MacKay came in third with expenses of $265,286.

THE CANADIAN PRESS

Asylum seekers being locked away in Hungary

In this 2008 file photo, an asylum seeker talks on a pay phone through the bars in one of the detention centres of the Hungarian border police, near the country's southern border with Serbia. BELA SZANDELSZKY/THE ASSOCIATED PRESS

They say they came to Hungary to escape brutality, war or the threat of being put to death in their home countries. Instead, they are serving untold months behind bars without ever being convicted of a crime.

Migrants who arrive from violence-ridden countries are spending up to a year languishing in detention centres.

In 2010, the government of Prime Minister Viktor Orban adopted a policy of locking up undocumented migrants while authorities adjudicate their asylum claims. Critics, including the writers of a UN report released Tuesday, say the policy is unusually harsh and out of step with European norms and international law.

"No other country (in Central Europe) is taking such extreme and harsh measures as Hungary does, and in no other country do we hear so many similar reports of abuse in detention," said Gottfried Koefner, UNHCR's representative for Central Europe.

Inmates at a detention centre in the eastern city of Nyirbator jammed up against the metal bars covering the windows at the sight of reporters below.

"I come here for asylum, not prison!" shouted one skull-capped inmate from the second floor. Another lifted up his shirt to display a wound in his chest. "No medicine! No go to hospital!" he shouted. Other prisoners yelled that they have been beaten by prison guards and receive inadequate food supplies.

Several men held up a handwritten sign spelling out a stark demand: "Freedom!"

The new report by the UN high commissioner for refugees criticizes Hungary for treating legitimate asylum seekers as if they were illegal immigrants. THE ASSOCIATED PRESS

Human rights

- Migrants come from places such as Afghanistan, Pakistan and Somalia.
- In 2011, Hungary rejected 450 claims from asylum seekers.
- The government has also faced criticism for limiting press freedom, criminalizing homelessness and reducing judicial independence.

Hey look, it's the friendly death guy

Downtown Eastside avenger. Thanatos celebrates five years of costumed community work

MATT KIELTYKA
Metro in Vancouver

Page 1, panel 1. "These streets have a lot of stories to tell." Every corner, every nook and cranny in Vancouver's Downtown Eastside has a history. Tales of tragedy, legends of love, anecdotes of apathy, chronicles of compassion. Each person has a role to play.

Panel 2. The dark silhouette of a trench coat and brimmed hat enters the frame. Only the figure's green skull — death itself — is visible. The shadowy figure ominously reaches into a sack, grabs something and slowly takes his arm out to reveal ... a sock.

"Hey, how are you doing?" the costumed man cheerily asks. "Would you like a pair of socks? They're free!"

Enter Thanatos, the friendliest incarnation of the Grim Reaper you'll ever find, Vancouver's very own real-life charitable superhero.

This is his story. For the last five years, Thanatos — a 63-year-old professional, husband and father in his "real" life — has been strolling through the Downtown Eastside, handing out clothing, blankets, food and water to residents in need.

Like his comic-book heroes, his driving desire to dress up and patrol the area is driven by an overwhelming desire to make the world a better place, right wrongs and lend a helping hand to his community.

"I don't come from Krypton and wasn't bitten by a radioactive spider or anything like that," Thanatos, named after the Greek god of death, says of his origin story.

"I was working downtown, trying to help out on the streets, and noticing a lot of things happening ... people living and dying on the streets.

"I was told by a police officer that some people on the street had nothing better to look forward to than death. That really stung, that really hurt me," he said, a slightly high-pitched voice barely muffled through the fabric hood. "So I said, 'If that's the case, then death better get out there and start taking care of these people.' I developed this persona to go out there and help."

He's been going strong ever since, garnering international media attention while using his unique — some say crazy — approach to giving back to shine a light on the poverty and social issues afflicting one of Canada's most infamous and misunderstood neighbourhoods.

His biggest claim to fame was a starring role in the 2011 HBO documentary Superheroes, which profiled some of the 400 Real-Life Superheroes operating throughout North America.

If local residents don't notice Thanatos from his adventures in the area, they've seen him on TV.

In fact, two fans had one such encounter on the hero's recent stroll through the DTES with Metro.

"You're awesome," said a stranger with long, ratty hair and a teardrop tattoo under his eye. "Keep up the good work."

A quick fist bump and Thanatos was back at delivering socks into the hands of people cowering under archways, door portals and bridge underpasses on a typical rainy day.

Onlookers laugh, passing motorists slow down for a look and camera phones are whipped out when Thanatos is near.

He's a draw, but it's not about him.

"It gets the attention where it's needed," the masked avenger says. "By using this persona, I've been able to spread the word about what's going on down there; I've been able to get more aid in the area. I'm asked by reporters if it actually works, and it's like, 'Well, you're here talking to me right now,' so it's obviously working."

And like any of his fictional heroes, Thanatos' work is never done.

"I'm an average person that just wants to do something and make a difference. People want to know what Real-Life Superheroes are all about," he says. "Apathy is the biggest killer out there. That's what we do: We fight apathy. We get people involved and we inspire them."

Final panel. The shadowy figure fearlessly runs toward his next adventure. To be continued.

Residents' reaction

Writer Nadia Fezzani visits the Downtown Eastside to find out what people think of Thanatos.

- Once on Hastings, I walked along a couple of blocks where there were lots of people. Some were selling drugs; others appeared to be selling stolen goods. I asked if they knew who the man who represented death was. Although some of them didn't know his name, many people knew but did not want to talk about him.
- One of the few who would speak about him was selling goods from a blanket spread out on the sidewalk. I asked her if she knew the superhero. "Yes," she said nervously. Watching her surroundings, she told me Thanatos was a very nice man but that she didn't really know much about him. As I was leaving, a few men approached me to tell me how amazing a man he is.

Vancouver Real-Life Superhero Thanatos. PETER TA

60 seconds

An interview with Thanatos Necrium

Why did you choose Thanatos, or death, as your superhero character?
I've been doing this for a little more than four years. I've always been someone to get involved. I worked on my own down on Hastings Street and with small groups, trying to help out with the homeless with handouts and counselling and to point them in the right direction. It was very difficult, and I couldn't get anyone's attention. Nobody wanted to listen. One day, a police officer told me, "You know, people on the street really have nothing better to look forward to other than death." And that really stunned me. So I said, "If that is the case, then death is going to have to get out there and start taking care of these people!"

Does the mask have an impact on people?
I am drawing attention. Social workers see these people in the morning, and people don't remember them by the afternoon. Me, they remember. They remember the crazy guy with a mask out there helping and that's all I care about. I've had people from France, from Germany, from all over the States come to talk to me because I put on a mask and I'm drawing attention to a problem. Nobody wants to talk to me, Joe Blow. But they'll listen to Thanatos. There are people who say this is an ego trip. If this were an ego trip, would I hide behind the mask?

As a Real-Life Superhero, what do you do, exactly?
I'm an extra set of eyes and ears for the police. I help the homeless on the street with handouts of blankets, food, simple things like a loaf of bread, sometimes something as simple as human touch and companionship. I keep an eye on them and I draw attention to the plight of people who fall through the system and end up on the streets. In my city alone I've probably reached out and touched 600 people.

NADIA FEZZANI/FOR METRO

TO READ THE FULL INTERVIEW, VISIT METRONEWS.CA/FEATURES

In Metro Thursday

- **Super villains vs. superheroes:** Who are super villains and what role do they play?

More at metronews.ca

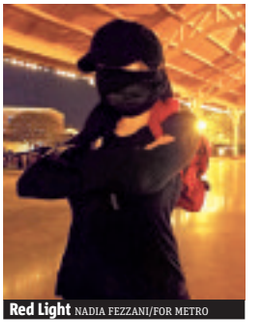
- **Video: Real-Life Superhero Thanatos tells his story.** Metro Vancouver reporters followed Thanatos on a rainy afternoon as he patrolled the gritty streets of Vancouver's Downtown Eastside.
- **Slideshow: The women among the Real-Life Superheroes.**

ANGEN/FOR METRO

Putting the 'her' in superheroes

Currently, there are about 15 female Real-Life Superheroes in North America. Most of them work with a team or as one half of a couple, but some of them also act on their own

Red Light. Street patrol



Red Light NADIA FEZZANI/FOR METRO

Red Light was only 15 years old when she decided to make a difference by volunteering at an elder-care facility. At 17, she was doing homeless outreach. Six months ago, she started to patrol almost every night, sometimes 12 hours at a time. Today, she still patrols 15 to 20 hours a week.

Working alone, she has to be careful with her actions. For example, she helps people by talking down a dispute or finding rides for those who are too drunk to drive. When the situation is too risky, she serves as an extra set of eyes and ears, and calls authorities when she witnesses suspicious activities or mistreatment of animals.

She decided to start working toward her EMT certification after trying to rescue a man suffering from a heroin overdose. "Many of my other skills were picked up through experience. I learned how to fight by necessity. I learned vigilance by being different. I learned to stay calm in a crisis by conditioning," explains Red.

Growing up, she was subject to sexual abuse and domestic violence. She was also diagnosed with a malignant tumour in her stomach at 28 years old. It took her five years to get the necessary funds to go through her operation. She has become aware of her own mortality. "I feel like I've already been given extra time, so I'm not afraid of dying. Every day is another chance to make things better."

Now, with her red hair past her knees, she plans on donating it to Locks of Love, a non-profit organization that takes human-hair donations and creates wigs for young chemotherapy patients.

"Life is only as bad as you let it be. It's easy to forget how much we have when it feels like we have to fight so hard to keep it. It hasn't stopped me from being kind to people. I still patrol. I still help others. Anyone can do something. Anyone." **NADIA FEZZANI/FOR METRO**

Purple Reign. Night crime

Purple Reign RYAN MCNAMEE/FOR METRO

For more than a year, Purple Reign was abused by her boyfriend — physically, emotionally and mentally. One night, when she was given permission to go out with friends — which didn't happen very often — Reign returned home to find her boyfriend angry and belligerent.

He attacked her.

"I told him I was going to call the police. I tried to escape and he kept coming after me," she says.

She threw open the door, yelling, hoping someone in the condo complex would hear her. No one came to her aid.

"He was choking me and banging my head against the floor. I started to lose consciousness and I couldn't breathe. I just gave up because I felt so low to begin with. I was finished fighting."

Finally spent, her boyfriend stopped hitting her. With the help of a domestic-violence lawyer, she kicked her boyfriend out and moved right away so her ex couldn't find her.

Within in a year, she met with Real Life Superhero Phoenix Jones and engaged in a healthy and loving relationship with him. She patrols with the Rain City Superheroes, a group of heroes from Seattle who fight crime at night.

She has since founded the non-profit Purple Reign Campaign — purplereigncampaign.org — through which she raises funds for the Northwest Family Life non-profit organization. They help victims of domestic abuse by proving them with education and assistance.
NADIA FEZZANI/FOR METRO

Women heroes

LORI FUSARO/FOR METRO

1 The Handler. Los Angeles
The owner of a dog-training school searches for strays animals and finds them new homes.

2 KatWoman. Cleveland
With the Underground Justice League Alliance, KatWoman engages in crime prevention and homeless outreach and helps locate missing people. A registered nurse, she also provides first aid to the injured.

3 Rock N. Roll. San Francisco
Rock N. Roll donates and distributes food and clothing to the less fortunate. She collects syringes in a public area frequented by intravenous drug users. She is the co-founder of the California Initiative and the S.T.A.N.D. news site.

4 Misery White. Minneapolis
Misery White champions anti-bullying, domestic-violence and child-abuse education and prevention programs. She also advocates for shelters, food banks and homeless outreach.

5 Crimson Catalyst. Chicago
Crimson Catalyst, a model and stage performer, patrols the streets and distributes food and supplies to the homeless. All of the meals are prepared by her.

NADIA FEZZANI/FOR METRO

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Tycoons announce plans for cosmic mining venture

10-year plan.
Filmmaker James Cameron, Silicon Valley titans look to space to extract minerals

Space-faring robots could be extracting gold and platinum from asteroids within 10 years if a new venture backed by two Silicon Valley titans and filmmaker James Cameron goes as planned.

Outside experts are skeptical about the project, announced at a news conference in Seattle on Tuesday.

"Since my early teenage years, I've wanted to be an asteroid miner. I always viewed it as a glamorous vision of where we could go," Peter Diamandis, one of the founders of Planetary Resources, said at a news conference at the Museum of Flight in Seattle. The company's vision "is to make the resources of space available to humanity."

The inaugural step, to be achieved in the next 18 to 24 months, would be launching the first in a series of private telescopes that would search for the right type of asteroids.

The plan is to use commercially built robotic ships to squeeze rocket fuel and valuable minerals out of the rocks that routinely whiz by Earth. THE ASSOCIATED PRESS

Planetary Resources mechanical engineer Peter Illsley puts finishing touches on a prototype model of a low-orbit spacecraft Tuesday in Seattle, with the plan to mine nearby asteroids such as the near-Earth asteroid Eros, inset.
ELAINE THOMPSON/THE ASSOCIATED PRESS

Beginning the process

"It's the stuff of science fiction, but like so many other areas of science fiction, it's possible ... making them reality."
Thomas Jones, former astronaut

Online filing cabinet. Google unveils digital content storage service

Google is hoping to build the world's largest digital filing cabinet in the latest attempt to deepen people's dependence on its services.

The Internet search leader's latest product stores personal documents, photos, videos and a wide range of other digital content on Google's computers. By keeping files in massive data centres, users will be able to call up the information on their smartphones, tablet computers, laptops and just about any other Internet-connected device. Google Inc. announced the long-rumoured service on Tuesday. Called Google Drive, the service is offering the first five gigabytes of storage per account for free. Additional storage will be sold for prices starting at $2.49 US per month for 25 gigabytes up to $49.99 per month for one terabyte.
THE ASSOCIATED PRESS

Competitor

While San Francisco startup Dropbox Inc. has emerged as the early favourite among consumers, another startup called Box Inc. has carved a niche offering online storage for businesses.

- Box has raised $162 million US in venture capital and boasts about 120,000 companies as clients.

Market Minute

DOLLAR 101.21¢ (+0.30¢)

TSX 11,980.1 (-8.85)

OIL $103.55 US (+44¢)

GOLD $1,634.80 US (+$11.20)

Natural gas: $1.975 (-3.2¢)
Dow Jones: 13,001.56 (+74.39)

Retail

Suppliers blamed for price gap

Canada's retailers are blaming suppliers for the large gap between their prices and identical goods for sale south of the border, despite the nearly equal value of the two currencies. Canadian merchants are being unfairly singled out for having higher prices than their American counterparts, Diane Brisebois of the Retail Council of Canada told a Senate committee on Tuesday. THE CANADIAN PRESS

Britain

Novartis tries to push pricier drug on state hospitals

Swiss drug giant Novartis is taking legal action in Britain to make state-run hospitals use an eye drug that costs about £700 ($1,120 Cdn) per shot instead of a cheaper one that costs just £60 ($95). A study published in the New England Journal of Medicine showed Avastin worked just as well as Lucentis for treating an eye disorder.
THE ASSOCIATED PRESS

BACK WHEN SPAM WAS SOMETHING YOU DIGESTED, NOT DELETED

JUST SAYIN'
Paul Sullivan
metronews.ca/justsaying

Did you know there's an Internet Hall of Fame?

Well, there is, and the first inductees were announced on Monday — 33 in total, 30 men and three women. One of the women was known as Jake and another was named Mitchell. So far, Geek Valhalla is a man's world.

Oct. 29, 1969, 22:30 hours. That's when the first message was sent on ARPANET, the Internet's immediate predecessor. It was from the Nigerian foreign minister, offering the recipient $20 million in exchange for his bank-account number (LOL).

What did we do before?

It's hard to believe that the Internet is over 40, especially because the only people who really know how to use it are 14.

The Nigerian foreign minister is not among the inductees, but you'll be pleased to know that Al Gore is. Al, the 45th vice-president of the United States and the poster boy for climate change, is also famous for allegedly claiming to have invented the Internet, a universally ridiculed contention. Yet, there he is, one of the kids in the hall. Not for inventing the Internet per se, but coming pretty close: Hailed as a "Global Connector" and helping to invent "the information superhighway" along which many a frustrated computer illiterate has become electronic roadkill.

The truth is there's not exactly one inventor of the Internet, because a bunch of old white guys flipped the switches. But the honour for the vision could go to J.C.R. Licklider of MIT, who released a paper in August 1962 on a "Galactic Network," a globally interconnected set of computers through which everyone could quickly access data and programs from any site. It was called Amazon (LOL, again).

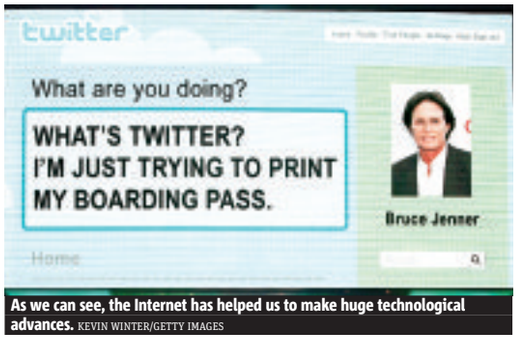
Oddly, Jeff Bezos, the man who actually invented Amazon, isn't on the list — at least not yet — while Craig Newmark is. Newmark, of course, invented Craigslist, without which there would be no roommates or used-car sales, so I guess he's more important.

It's hard to believe that the Internet is over 40, especially because the only people who really know how to use it are 14. We've come a long way from a time when pioneers such as Vint Cerf and Tim Berners-Lee (both inductees) envisioned a global electronic village to a day when people can pump out brainless, 140-character declarations about nothing 24-7.

I mean, where would we be without Twitter, Facebook, Pinterest and Netflix? Back in the cave with Don Draper ordering three-martini, smartphone-free lunches? The first email message went out in 1972, and it went straight to my junk mail folder along with the Viagra ads.

Imagine what it was like before that, a time before your pocket buzzed every 30 seconds and when you missed an episode of Game of Thrones you could only wait until next summer for the reruns.

Hard to imagine. Check it out: internethalloffame.org.



As we can see, the Internet has helped us to make huge technological advances. KEVIN WINTER/GETTY IMAGES

Rubber hen in space? She's no chicken!

NASA /REX FEATURES

Guinea pig

Rubber chicken flies into storm

SPACE. A plucky rubber chicken has been sent into space to study a solar storm. "Camilla" has boldly gone where no chicken has gone before, after being attached to a helium balloon and sent to an altitude of 36 kilometres.

The hen was used to test levels of radiation in one of the strongest proton storms since 2003. **METRO**

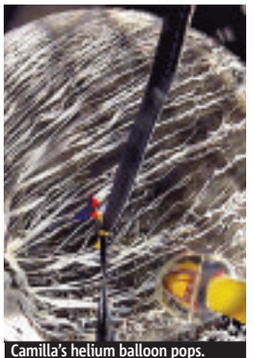
Bird in space

One powerful rubber mascot

SCIENCE PROJECT. The stunt was carried out by Bishop Union High School students in California, as part of their science project last month.

Many space enthusiasts will be familiar with Camilla, who is the mascot of NASA's Solar Dynamics Observatory, and has more than 20,000 followers on social-media websites.

METRO



Camilla's helium balloon pops.
EARTH TO SKY/BISHOP CA

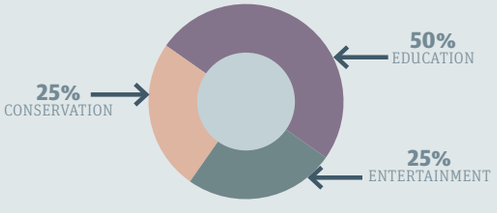
Camilla's flight

- **Scientific study:** In her two-and-a-half-hour flight, Camilla spent about 90 minutes in the stratosphere, where temperatures and air pressures are similar to those on Mars. On her specially knitted spacesuit, she wore a pair of radiation badges — the same kind donned by medical technicians and nuclear workers to assess their dosages.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What's the main purpose of a zoo?



Twitter

@loudlippy: Like homemade perogies #yxe? Get down to Nestor's Bakery -they're setting a Guiness World Record for perogy making this week!‰ I'm there!

@ozdust9: Check out the Saskatoon Theatre Collective! A central hub for audition notices & show info. #yxe #theatre #stage #SK

@Katrinavision: Hanging with @AlberyJame prepping for our presentation this morning at "The Contact Conference". #yxe

@Uranowski: A huge "You go girl!" to @colewhogan: Sask. Liberal campaigns against Wildrose #cdnpoli #ABpoli #LPC

@skhuskies: How's everyone doing this morning?? Almost one week until Dog's Breakfast 12 and another #skhuskies Spring Camp! #yxe

metro

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2
SCENE

Scene in brief

Seacrest staying on with Idol

Ryan Seacrest is sticking around as host of American Idol. The Fox network said Monday night that Seacrest will continue as host of the hit TV singing-competition series, over which he has presided since its premiere a decade ago. The network gave no specifics about the length of his new contract, or any monetary details. Seacrest called the show's run until now "a wild ride," and said he is excited it will continue with him on board.

THE ASSOCIATED PRESS

Brand stands up for drug addicts

Comedian Russell Brand says "love and compassion" are key to weaning addicts off drugs. Brand testified before a U.K. parliamentary committee on Tuesday about his own experience with addiction, and said society should not "discard people, write them off on methadone and leave them on the sidelines."

THE ASSOCIATED PRESS

On the web

Zac Efron brings The Lucky One to London for European premiere

Jason Statham doesn't stray far from his wheelhouse in his new movie, Safe. HANDOUT

Statham's safety zone: Guns, girls and hard glares

If it ain't broke... It may have all been done before by the action star, but his new film is likely to be a Safe bet at the box office

IN FOCUS
Richard Crouse
scene@metronews.ca

Movie tough-guy Jason Statham is either remarkably consistent or just really enjoys playing guys who can break your neck with his steely gaze. Whatever the case, when you pay your money for a Statham flick, you know in advance what you're getting into.

In this weekend's Safe, the gravelly-voiced action hero digs deep into his bag of tricks to play Luke Wright, a.k.a. Statham Character #2. That's the "loner with a past who must protect a youthful innocent." (As opposed to Statham Character #1 in which he plays "a loner with a past who must protect a loved one.")

Like his other movies, Safe is a marketers dream. Here's a sample ad:

Body Count: 350

Bullet Budget: $1,000,000

Jason Statham's Steely Glare: Priceless

Recently a scientific poll — OK, I posted a question on Facebook — posed this question: What makes Statham movies so popular? Here are some of the comments:

Jason Statham

His über-macho presence is more important than the script — as long as he is in motion, running and leaping, kicking and punching, his films work.

• His Blue Steel stare puts Zoolander to shame!

• His complete lack of facial movement? It's like if Buster Keaton were an emotionless British killing machine.

• He always manages to kick someone's butt while being tied to a chair.

• Not since Don Johnson, circa Miami Vice, has an actor managed to maintain a perfect three-day stubble...

Let's face it, his movies are more than a bit predictable. "You gotta be kidding me!" you'll be tempted to groan at some of the plot twists — if only the movie's characters didn't beat you to it.

They are cliché-a-thons, but because Statham understands his audience and persona, his films are dumb good fun. His über-macho presence is more important than the script. As long as he is in motion, running and leaping, kicking and punching, and giving voice to action-movie platitudes in his distinctive English rasp, his pictures work.

Statham has made films like Transporter, Killer Elite and The Mechanic over and over again. Different title, and sometimes with a big- name supporting cast (like Robert De Niro and Clive Owen) and sometimes not (Safe co-stars newcomer Catherine Chan), but the story of a tough guy who lives in a world where "Everybody knows the rules — there are no rules," is the common thread.

Statham, however, says he's open to showing audiences another side of his personality.

When a Huffington Post writer asked if he would make a rom-com with Reese Witherspoon he said, "Of course, I would love to do that. But my phone is right there and it ain't f—ing ringing."

Coulson: The glue that binds Marvel

Clark Gregg is probably best known for playing Agent Phil Coulson in Iron Man, Iron Man 2 and Thor. Now Coulson is assigned the task of shepherding all the Marvel characters together for The Avengers. Metro sat down with Gregg to talk about what it's like being the 'weird uncle' who babysits a bunch of superheroes.

You've appeared in most of these films as the guy rounding up the team. What's it been like from your perspective?

I wasn't quite sure how I was getting to be a part of this — it seemed so surprising. Something about the character was clicking. I was doing scenes in Iron Man 2 talking about going to New Mexico, and finally I pulled somebody aside and said, "What's in New Mexico?" And they were like, "Nobody talked to you? You're going to be in Thor. You're kind of in charge in New Mexico."

Do you have a favourite Avenger?

You know, it may sound like a copout, but Agent Coulson is not the father, certainly, of this dysfunctional family, but he is kind of like the weird uncle who babysits a lot. And I think there's a choice you make of just, "I'm never going to have a favourite." There's a special kind of snarky rapport with Tony Stark that Agent Coulson actually really enjoys.

NED EHRBAR

Clark Gregg plays Agent Phil Coulson in The Avengers.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

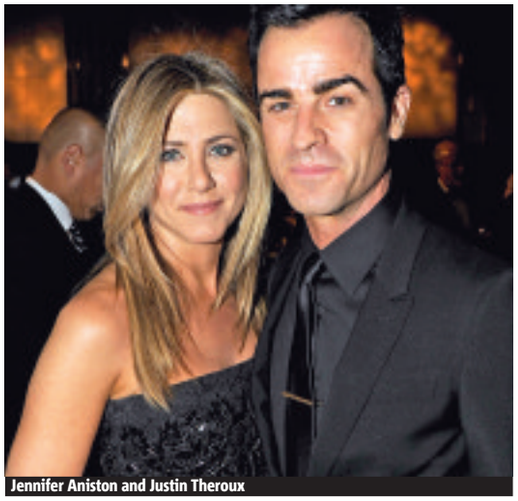
Katy Perry ALL PHOTOS GETTY IMAGES

Katy spotted cuddling with Florence and the Machine guitarist

It looks like Katy Perry is moving on after her divorce from Russell Brand.

The pop singer was spotted at the Coachella music festival holding hands, cuddling and generally acting like a couple with Florence and the Machine guitarist Robert Ackroyd, according to Hollyscoop.

Of course, Perry has also recently been linked to French singer and model Baptiste Giabiconi, with his rep going so far as to confirm their getting to know each other.



Jennifer Aniston and Justin Theroux

Aniston scoping out wedding venues on the island of Crete?

Jennifer Aniston reportedly used a recent European vacation with Justin Theroux to scope out potential wedding venues, according to TMZ.

The pair are said to have been particularly enamored with Elouda Beach, a remote and secluded fishing port on the island of Crete — which also happens to be the birthplace of Aniston's father.

Of course, the couple hasn't announced an engagement, let alone a wedding date, but sources tell TMZ Aniston is thinking about July.

The Word

Celebrity fetus round-up

THE WORD
Dorothy Robinson
scene@metronews.ca

It's a slow gossip day, so let's check in with everyone's favourite subject: The uteri of the stars!

First up: Jessica Simpson, who, it should be noted, is still pregnant. (At this point, does anyone else feel like Simpson is going to be in the Guinness Book of World Records for "mammal with the longest gestation period," right next to "elephant"?)

"I just woke up from a dream that I wore a leopard caftan in the hospital. Fabulous!!" Simpson tweeted Tuesday. "Now I need to find one!"

Even the Fashion Star mentor knows this is a seemingly never-ending pregnancy: "To everyone who keeps congratulating me on the birth of my baby girl ... I'm still pregnant!!" Simpson tweeted Saturday. "Don't believe what you read, ladies and gents."

Meanwhile, Life & Style is reporting that Drew Barrymore, who has yet to confirm her pregnancy, is, like Simpson, having a girl. A source close to Drew "exclusively revealed" the sex of the child to Life & Style.

I'd take this news with a grain of salt, folks, as no "close" friend would sell out such sacred information to a tabloid. That being said, there's a 50/50 chance that this made-up information is correct. Good job of hedging your bets, Life & Style!

And, just in case you missed it: Giuliana and Bill Rancic, whose struggles with infertility are well documented, announced Monday on Today that they are going to have a baby via a gestational carrier.

"She is giving us the greatest gift we're ever getting in our lives," Giuliana, 37, tells People of the woman whose identity has not been revealed. "She's so selflessly helping make our dream a reality. We adore her."

Let's just hope this carrier isn't on the Jessica Simpson timeline of giving birth.

Jason Segel

Segel skips the red carpet to hang with his new girl at movie premiere

Jason Segel went to great lengths to avoid the cameras and still catch the premiere of girlfriend Michelle Williams' new movie, Take This Waltz, at the Tribeca Film Festival.

The 5-Year Engagement star dodged the red carpet to "sneak through the back entrance to be there with Michelle," a source says, according to Hollyscoop. Of course, there was no such sneaking around when it came to the after-party, where the pair reportedly packed on the public displays of affection.

"There was no mistaking that they were a couple," says a source. "They seemed very comfortable and happy to be there celebrating together."

Drew Barrymore

Baby on board: Drew celebrates pregnancy, upcoming wedding

Drew Barrymore and fiancé Will Kopelman have plenty to celebrate, what with both a wedding and a baby reportedly on the way, so this weekend was the perfect time for a shower.

"Everyone was doting on pregnant Drew and asking her how she is feeling," a source tells Us Weekly of the party, held at producer Leonard Goldberg's home.

"She is so thrilled to be expecting, and also really excited about the wedding."

Twitter

@jimmykimmel
I had the pleasure of working with Dick Clark many times — great guy. Some trivia: did you know he HATED music?

@katyperry
When is the Sublime hologram coming to coachella?! #805

@NiaVardalos
Just back from Disneyland, sunblock wore off, my shnozz has been replaced by an eggplant.

@AlbertBrooks
I wonder if the U.S. purposely sends out crappy drones so when they're captured China & Iran get bad info?

3 LIFE

Travel in brief

Where to get the world's best sandwich

Grill some salami and baloney. Add Swiss or cheddar cheese. Slather on mustard. Put between yellow bread. What do you get? According to Travel and Leisure magazine, one of the world's best sandwiches. It's the Wilensky's Special, served at Wilensky's Light Lunch at the corner of Fairmont and Clark streets in Montreal's Mile End area. The diner was made famous by Mordecai Richler in his novel The Apprenticeship of Duddy Kravitz and has an ambience that, according to Frommer's, "can best be described as Early Jewish Immigrant." "Served on wax paper, the sandwich comes with rules: it always has mustard and is never halved," says Travel and Leisure. The price: $4.99 (50 cents less without the cheese). Just because sandwiches are convenience foods doesn't mean they can't be great. A croque-monsieur in Paris, with mozzarella and black truffles, is a tasty treat, as is a lobster roll with melted butter in Essex, Mass. Here are some of the other "best sandwiches from around the world" on T&L's list: chicken Philly cheesesteak (Philadelphia); ham and cheese baguette (New York); squid in its own ink with aioli (Madrid); hand-massaged wagyu beef on white bread (Tokyo).

THE CANADIAN PRESS

On the web

Don't stay home because you lack a companion: Tips for travelling solo.

Surround yourself with natural beauty in Hawaii. DARREN PARKMAN

Oahu's underwater views something to see

Submarine fun. The Travellin' Canadian overcomes his fear of small spaces for a deep-sea adventure

THE TRAVELLIN' CANADIAN
Darren Parkman
travel@metronews.ca

Pineapples and hula dancers are one thing, but deep-sea diving in a real submarine is quite another.

Despite my gripping fear of confined spaces, I found myself signing up for an undersea submarine adventure aboard the world's largest high-tech passenger sub — the Atlantis — during a recent respite to sunny Oahu.

Claim to fame aside, the Atlantis seemed downright tiny as I climbed down the narrow staircase to take my place inside this cramped metal tomb.

Thankfully, it was fully air-conditioned, but still I was sweating profusely as we sunk lower and lower down into the depths.

But the sights soon made me forget about my cowardice. The trip is well worth its cost of $100. The undersea scenery is nothing short of spectacular, with an abundance of intricate reefs surrounded by fascinating sea critters. Gazing through my tiny seaport, I even spied a rather large and menacing reef shark swimming towards us.

That's around the time my fear of confined spaces was replaced with my other crushing phobia — sharks. Luckily, even sharks can't bite through submarines, so all was well.

After floating by an authentic shipwreck and amazing artificial reefs, I felt like it was plenty of adventure for the price as we made our way back to the surface.

Then it was time to partake in what has become a very trendy pastime in Hawaii these days — something called paddle-boarding.

For days, I'd seen people everywhere standing on surfboards with long paddles, riding waves and having fun. It appeared to be fairly easy. Turns out it really isn't.

Who knew you needed actual balancing skills to tackle this fun sport? So with gorgeous Diamond Head as a backdrop and paddle in hand, I hopped on my board and promptly fell in the ocean, all in one motion. Repeated attempts produced the same results.

After 19 or so tries, I actually was able to balance on the wobbly board and paddle around for a bit before again plummeting into the drink.

Turns out this paddle-boarding thing is actually quite a workout. I found just falling and climbing back onto the board multiple times was exhausting.

But that's OK — it's all part of fun on the water in Honolulu.

Aloha, baby!

The Pearl Harbor Memorial. ISTOCK

Other cool things to do...

- **Visit the Pearl Harbor Memorial.** Take a trip out to the floating memorial of the USS Arizona, commemorating the attack on Pearl Harbor. An historical and very sombre experience — this is a must do when in Honolulu.
- **Hike to the top of Diamond Head.** Climb a well-trodden path to the top of the 350-acre crater to experience spectacular views of downtown Honolulu. The hike is easy for young and old, and well worth it for the million-dollar views.

Welcome to the wonderful world of the Disney Fantasy

Family-friendly cruising. New Disney ship isn't just for kids — with a spa and fine dining, parents are also in for a good time

AURÉLIE RESCH
life@metronews.ca

All aboard the Disney Fantasy are guaranteed to find something to suit their tastes. PHOTOS: AURÉLIE RESCH

Cool off in one of the many pools.

"Aaaaah!" is all I hear before I get splashed by a father and his son dropping down from a huge water slide. Clearly there's no shortage of screams and laughter aboard the new Disney cruise ship, Disney Fantasy. From "All aboard!" to "Are you ready?", your cruise will be action–packed, with plenty of activities and shows.

Action

Families and water-lovers will have a blast on decks 11 and 12 with water coasters, water sprouts, water games, two pools for children and one for adults. Get your thrills on the huge aerial slide. The AquaDuck is a one of kind — a 765-foot-long water coaster that spans four decks in height. A powerful stream of water propels guests on a little inflatable boat downhill, uphill and in various loops. Or if you feel like immersing yourself, have fun with the little ones in the shallow and warm Mickey Mouse pool. If you feel more like getting in a few laps, move to the Donald Duck pool where you'll be swimming pretty briskly to brave the cool waters. You might want to opt for the hot tub facing the ocean after that. Rested yet? Be ready after a hearty meal and an evening of entertainment with live Disney productions on stage, and activities, fireworks and a dance party through the night on deck 11.

Indulgence

Now, if your idea of a cruise is quiet, indulgence and refinement, be Disney Fantasy's guest. If you came as a family, drop your children at Disney's Oceaneer Club, where they will have a blast playing with other children and taking part in the hundreds of activities offered.

Once the kids are looked after, head to the Senses Spa and Salon for an ultimate pampering retreat. Enjoy an oasis of calm and let the rainforest saunas and water therapies relax your mind and muscles. Soak in a jacuzzi on a private veranda facing the sea while waiting for your treatment. You can choose from a variety of signature massages and treatments that will surely erase any stress and fatigue left in your body and mind. If you'd like to be active, but without any Disney characters fooling around, you can head to the gym next to the spa and exercise while admiring the ocean through the huge glass panels. You can also go for a swim in the adults-only pool and enjoy a cocktail in the sunshine with friends at the bar.

Romance and elegance is what you will find at Remy. This upscale restaurant offers fine French cuisine in a stylish Art Nouveau setting with a softly-lit ambiance for a dinner to remember. The view of the ocean through the windows is breathtaking and all in this restaurant is designed to please your senses and create an intimate vibe. Palo is another fine adult-exclusive restaurant you might want to try for a taste of northern Italian flair. Also located on deck 12, it offers the same superb panorama view of the sea and an equally elegant setting.

Bars and lounges abound on Disney Fantasy and it will be your call to choose between a quiet alcove for a chat over a coffee or a cheerful happy hour. The Tube nightclub offers partygoers the possibility to end the night shimmying on an illuminated dance floor.

A cruise for everybody

Come as a family, a couple, a group of friends or by yourself — aboard Disney's new ship, you're sure to find whatever you'd want to make your cruise memorable.

Facts and figures

The Disney Fantasy...

- **Weighs.** About 130,000 gross tons
- **Stretches.** About 340 metres in length
- **Crosses.** The width of 37 metres
- **Carries.** A capacity of 4,000 passengers

Feel like a character in a Disney story
YOU COULD WIN A WALT DISNEY WORLD STORYBOOK VACATION FROM CLUB METRO!
Imagine yourself as the main character in a 6-Day/5-Night Walt Disney World vacation you'll never forget! Spend your days exploring different worlds, enjoying wild adventures and dropping in on land after land of fantasy and fun. At night, sleep in a setting that's themed to your dreams. The vast array of Disney Resort hotel themes take you from the Caribbean to Africa and cater to almost every budget and taste. And starting this May, the new Disney's Art of Animation Resort will begin to immerse you in the storybook magic of Disney•Pixar's Finding Nemo, followed by Cars, The Lion King and The Little Mermaid opening in phases.
VISIT clubmetro.com TO ENTER
To register and for full contest details visit clubmetro.com.
As to Disney properties/artwork: ©Disney. As to Disney/Pixar properties/artwork: ©Disney/Pixar.

Local ingredients shine in Butternut Squash, Spinach and Feta Frittata

Butternut Squash, Spinach and Feta Frittata

This recipe serves 12. THE CANADIAN PRESS H/O

"Butternut squash is a great local food for all of Canada," says Toronto-based Christy Brissette, a registered dietitian and spokesperson for Dietitians of Canada. "The frittata is full of beta-carotene. It's also a way to enjoy some greens and get some vegetables in there."

It can be served with a green salad or a steamed green vegetable such as peas, beans or edamame. For a protein boost, sprinkle the salad or vegetable with toasted nuts or seeds.

1. Grease 33-by-23-cm (13-by-9-inch) glass baking dish. Then place squash in microwave-safe bowl and cover with plastic wrap, leaving a corner open to vent. Microwave on high for 5 minutes or until fork-tender. Drain off excess liquid. Stir in potatoes, spinach and red onion. Spread in baking dish.

2. In a bowl, whisk eggs, milk and pepper. Pour over veg and stir to distribute. Sprinkle evenly with cheddar and feta.

3. Bake in 200 C (400 F) oven 40 mins. or until eggs are set. THE CANADIAN PRESS/COOK! BY THE DIETITIANS OF CANADA/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)

Ingredients

- 1 butternut squash (about 2 lb/1 kg), peeled and cubed (1 to 1.25 litres/4 to 5 cups)
- 375 ml (1 1/2 cups) peeled and cubed potatoes
- 1 pkg (300 g/10 oz) frozen chopped spinach, thawed and drained
- 175 ml (3/4 cup) thinly sliced red onion
- 8 eggs
- 125 ml (1/2 cup) 1% milk
- 1 mL (1/4 tsp) freshly ground black pepper
- 250 ml (1 cup) shredded cheddar cheese
- 125 ml (1/2 cup) crumbled feta cheese

Drink of the Week

Frangelico Truffle Cocktail

Fancy a Frangelico Truffle Cocktail?

You'll have an affection for this confection with a decadent combination of Frangelico, Skyy Vodka and a cold espresso shot.

Garnish it with chocolate shavings!

1. Shake with ice and serve up in a cocktail or martini glass. Dust with dark chocolate shavings.

- 1 oz Frangelico
- 1oz SKYY vodka
- 3/4 oz cold espresso

SKYY SPIRITS

Student Voice

Recruiters, be realistic

Seeba Alexander
Graduate, Ontario College of Art and Design, Illustration
Graduate, Centennial College Graphic Design Media

TalentEgg.ca

After finishing school for the second time, finding a job in the creative design field was harder than I thought it would be. In college, getting a good placement in graphic design was also difficult.

In desperation, I took an unpaid internship.

As it was unpaid, traveling, supporting myself financially and maintaining my part-time job was tough, not to mention physically and mentally draining.

The company expected me to work eight hours a day with only a 30-minute lunch. It was so terrible that I had to quit my paying job to focus on the internship.

After school was over, applying for jobs was tough. The worst part about applying is when employers say they will call you to let you know if they are interested or not, and then don't bother to follow up.

I applied to retail, hoping to land a design-related job in the company later on, but no postings have appeared.

While working at my retail job and being on a probation period, I applied for an unpaid internship with a company who was interested in me.

However, they wanted me to commit to four days a week, but my schedule was not fixed at the other job. I told them my situation and they said that interning for two or three days instead was not possible.

I have applied to jobs on the OCAD job site and received two replies, one for a paying job and the other for an unpaid position.

For internships, companies should compensate in some way.

Otherwise, accept the fact that students have part-time jobs that they are committed to for financial reasons. If a student says they can only give two or three days in a week, it's not that they don't want to work more. They have no choice.

TALENTEGG.CA, CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR STUDENTS AND NEW GRADUATES, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT TALENTEGG.CA.

From working for free to finally getting hired

Intern to employee.
A guide to securing a spot by someone who managed to do it

JUSTINE ABIGAIL YU
TalentEgg.ca

Make the absolute most of your time as a temporary part of a team while interning. ISTOCK

Ah, the beloved and yet begrudged unpaid internship. Is there any other position that elicits more mixed feelings?

It's an incredible opportunity that gives you that competitive edge to build your career, opens doors to much-needed work experience, and puts you in touch with a whole slew of potentially critical contacts.

But no monetary compensation? Zero? Nada? Zilch? It's a bit of a tough pill to swallow because those student loans are not going to pay themselves and you do kind of need to eat.

I spent months as an intern for an international non-governmental organization and I turned that unpaid internship into a paid, previously non-existent job.

How? Let me tell you how it's done…

Work as hard as you can

Well, obviously. This should go without saying, but you've really got to treat the internship like a real job. Take ownership of any and all of the tasks that are thrown your way.

For the next coming months, that internship is your baby and you'd better make sure your baby is the healthiest, most successful baby there is! (Awkward analogy, but you know what I'm trying to get at…)

Offer to take on extra responsibilities

Time permitting, of course. Show that you're a go-getter and willing to get your hands dirty. And don't just stick to your department, either. Network with individuals from other areas of the company and see if there's anything you can do to help.

Not only will you broaden your skill set beyond your general expertise, but you'll also broaden your exposure to different people who may be able to offer you a job in the future.

JUSTINE ABIGAIL YU IS A COMMUNICATIONS PROFESSIONAL BY DAY AND A FREELANCE WRITER BY NIGHT. TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Pick up the phone

Make a point of keeping in touch

- **So maybe there just really isn't a job available for you right now.** Still, keep in touch and check back every now and then just to say hello and touch base. Make sure you're always on their mind so if a position does open up, you'll be kept in mind.
- **But here's hoping...** By that time, you've already been scooped up by another company — because, let's face it, you're a pro!

Twitter

TalentEgg
How can students make a good impression during a summer internship?

@_JillianAnnas
Learn whats ok, dont follow bad behaviour of others!

@sidneyevematrix
My 2cents: take initiative & be a problem solver

@Yen_Ho:
Go beyond your job description and seek other opportunities on your team/organization... don't be afraid to learn!

NHL

Zajac scores in OT to force Game 7

Travis Zajac scored at 5:39 of overtime and the New Jersey Devils avoided elimination and sent yet another Eastern Conference first-round series to a seventh game with a 3-2 victory over the Florida Panthers on Tuesday night.

Steve Bernier and Ilya Kovalchuk also scored and Martin Brodeur made 14 saves for New Jersey, which squandered a two-goal lead and had fans dreading another first-round playoff exit until Zajac scored from the right-hand circle.

The shot beat Scott Clemmensen to the lower corner and set off a mob scene on the ice.

THE ASSOCIATED PRESS

NHL

Luongo willing to walk away from no-trade clause

Roberto Luongo said on Tuesday that he will waive his no-trade clause if the Vancouver Canucks ask him to this off-season.

Luongo made the comments as the Canucks cleaned out their lockers on Tuesday.

"It's going to be what's best for the team," said Luongo. "Whatever scenario that is, I'm OK with it. Whether that involves me being here or not is OK."

Luongo watched from the bench as Cory Schneider replaced him in net for the final three games against the Kings.

Schneider is slated to become a restricted free agent this summer and will merit a raise, while Luongo has 10 years left on a 12-year contract.

THE CANADIAN PRESS

Roberto Luongo meets with reporters in Vancouver on Tuesday. DARRYL DYCK/THE CANADIAN PRESS

Olympic soccer

"I watched from the stand, always dreamed of leading a team out there one day." John Herdman, Canada's women's coach, on being drawn to play at St. James' Park in his native Newcastle, England. Japan, Sweden and South Africa round out Group F.

Roughriders slotback Jason Clermont holds on to the ball after scoring the game-winning touchdown to beat the B.C. Lions in the CFL Western Division semi-final in Regina in November 2010. MARK TAYLOR/THE CANADIAN PRESS FILE

All signs point to Clermont retiring

CFL. Roughriders have yet to make it official, but writing appears to be on the wall for Regina slotback

Jason Clermont has seemingly called it a career.

An official with the Saskatchewan Roughriders said Tuesday the veteran slotback hasn't informed the CFL club that he has retired after 10 pro seasons. But on his Twitter account, the 33-year-old Clermont refers to himself as "a retired CFL all-star."

And that's hardly a surprise given the Riders had long stated that Clermont didn't figure in their 2012 plans. What's more, on the club's website Clermont's No. 82 jersey has been assigned to Justin Harper, an American in his first season with Saskatchewan.

Clermont, a Regina native, became a free agent Feb. 15. The married father of three children, including two under the age of three, is also a partner in a Regina-based real-estate firm.

The B.C. Lions selected Clermont in the first round of the 2002 CFL draft — fourth overall — out of the University of Regina. The six-foot-two, 227-pound receiver made an immediate impact with the club, being named the league's top rookie that season.

Two years later, Clermont earned the first of two outstanding Canadian awards, winning it again in 2007 when B.C. capped its season with a 25-14 Grey Cup win over the Montreal Alouettes in Winnipeg.

Clermont blossomed into a clutch receiver with the Lions, registering three 1,000-yard seasons. His breakout campaign was 2004 when he had 83 catches for a career-high 1,220 yards and seven touchdowns.

He captured the CFL's top Canadian award and was also named the outstanding Canadian in the Lions' 27-19 loss to the Toronto Argonauts in the 2004 Grey Cup in Ottawa.

But the Lions released Clermont after the 2008 campaign when he had 50 catches for 640 yards and three TDs. He joined the Riders as a free agent but his three seasons were spent primarily as a backup player as he had just 73 catches for 849 yards and a TD during his time with Saskatchewan.

THE CANADIAN PRESS

By the numbers

501

Clermont finishes his CFL career with 501 career receptions for 6,756 yards and 38 touchdowns over 165 regular-season contests. He added 42 receptions for 570 yards and two TDs in 15 career playoff games.

CFL. Riders give receiver Moss a shot

Sinorice Moss is looking to kick-start his football career in the CFL.

The receiver who earned a Super Bowl ring with the 2007 New York Giants was among three import players to agree to terms with the Saskatchewan Roughriders on Tuesday. The others were offensive lineman Johan Asiata and linebacker Daniel Sheffield.

The five-foot-eight, 185-pound Moss was a second-round pick (44th overall) of the Giants in the 2006 NFL draft. The Miami native spent five seasons with New York, registering 39 catches for 421 yards and three touchdowns.

Moss played his college football at Miami, finishing with 68 receptions for 1,106 yards and nine touchdowns.

The six-foot-four, 300-pound Asiata spent time the last three seasons on the Chicago Bears practice squad after his college career at the University of Nevada-Las Vegas.

The six-foot-four, 210-pound Sheffield played three seasons at Troy University, lining up at safety and linebacker. He accumulated 147 career defensive tackles, 2.5 sacks and one interception.

The Riders also released import receiver Ernie Wheelwright on Tuesday.

THE CANADIAN PRESS

Sinorice Moss gets tackled during an NFL pre-season game last August while with the Philadelphia Eagles. JARED WICKERHAM/GETTY IMAGES FILE

Quoted

"Typically, I'd be there in a second, but this isn't a normal situation and this isn't me trying to hide away from the world championships. I love playing for Team Canada.... Anyone who is questioning that right now obviously doesn't know me or aren't thinking right."

Sidney Crosby, who strongly defended his decision to not play for Canada in the upcoming world hockey championship on Tuesday, saying he needs to go through the full summer of preparation he missed because of a concussion last year.

"Really, I don't have a choice."

Crosby's Pittsburgh Penguins teammate Evgeni Malkin, who will suit up for Russia at the event in Helsinki and Stockholm from May 4-20.

On the web

It's been a crazy month for golfer Bubba Watson after winning the Masters in a sudden-death playoff on April 8. But, despite the recent fanfare, the lefty with a flair for the dramatic says he's still "just Bubba." Now Watson's back to work preparing to defend his title this week at the Zurich Classic. Scan the code for the story.

5 DRIVE

Fuel-efficient and flexible for families

Second Gear.
2006 to 2011
Hyundai Accent

JUSTIN PRITCHARD
Drive@metronews.ca

The Mazda 5 puts the word "mini" into the word "minivan." A compact six-seater with sliding doors, the 5 launched in its first generation for the 2006 model year, and has now been replaced by a new model.

The first-generation Mazda 5 was popular with small families for its combination of versatility, practicality and good fuel mileage.

Common Issues

Check the air conditioning system for proper performance, and inspect the body, especially around the wheel wells and tailgate lip, for signs of rust. Note that the 5 had some issues with faulty power-steering pumps, which have become familiar to the online owner community.

A service bulletin and recall have been executed to fix the issue, which could see the power steering system fail intermittently.

Numerous owners complain about "cheap" parts installed at the factory, leaving them to replace tires and brake components earlier than expected. Shoppers should also look for signs of a bad alignment. A mechanic can help if you're unsure how.

TORSTAR NEWS SERVICE

Engine

All models got a 2.3-litre four-cylinder with 153 horsepower. Transmission choices included a five-speed manual or five-speed automatic, depending on the model selected. All units were front-wheel drive.

Verdict

The 5 looks largely free of expensive or worrisome problems. Those with a young family after a flexible and fuel-efficient means of transportation can buy a well-maintained model with confidence.

What Owners Like

The availability of a manual transmission, good handling, relatively generous room, good mileage, interior layout and easy-to-maneuver sizing are all highly rated by Mazda 5 owners. High levels of comfort and flexibility are also noted.

What Owners Dislike

Common owner complaints include a rougher ride on models with larger wheels, the lack of a front passenger-seat arm rest and some difficult-to-clean interior trim materials. Owners also note that cargo space all but disappears when all rows of seating are used.

On the Web

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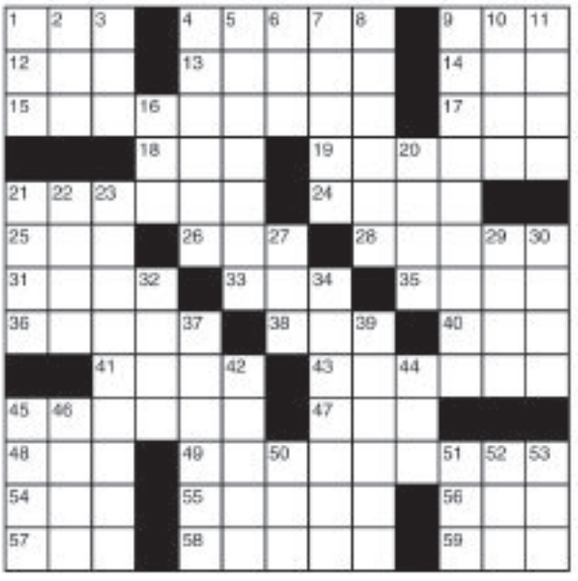
Crossword

Across

1 Triangle part
4 Walked the floor
9 Scatter seed
12 Bullring bravo
13 Earlier on the page
14 Swiss canton
15 Energetic determination
17 Snooze
18 Canal zone?
19 Drawing for a prize
21 Choose
24 Cash drawer
25 Carte lead-in
26 Desire
28 Detroit football team
31 Deviates off course
33 Society newcomer
35 Foolish bloke
36 Cancel
38 Lubricant
40 Old French coin
41 Anthropologist Margaret
43 Swerved
45 Inclement
47 With 16-Down, "Brokeback Mountain" director
48 Legislation
49 Quasimodo's place
54 Gorilla
55 Herded
56 Rage
57 Apiece
58 Skiers' mecca
59 Joke

Down

1 Depressed
2 Inventor Whitney
3 Solidify
4 Pontiff's term of office
5Scrubbed a launch
6 Intimidate
7 Chris of tennis fame
8 Throw off track
9 Kansas emblem
10 Exam format
11 Clean the slate
16 See 47-Across
20 Go like a butterfly
21 "I — Little Prayer"
22 Verve
23 Groundskeeper's machine
27 Ultra-modernist
29 Pleasant
30 Poker variety
32 Litigant
34 Clam or oyster
37 Greek consonant
39 Meager
42 Color workers
44 Freudian topic
45 Rebuff a masher
46 Recording
50 Prune
51 Peruke
52 Mound stat
53 — U.S. Pat. Off.



Sudoku

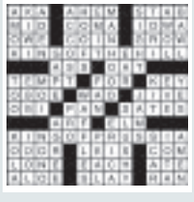
6					8	4	7	
	3			6		9	5	
9			4					1
				8			9	7
		6				5		
3	2			4				
1					9			5
	6	7		5			2	
	9	5	1					8

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

5	1	3	6	2	4	7	9	8
7	8	9	3	1	5	4	6	2
6	2	4	8	7	9	3	5	1
3	4	1	2	8	6	5	7	9
8	7	5	9	3	1	2	4	6
9	6	2	5	4	7	8	1	3
1	3	6	4	5	2	9	8	7
2	5	7	1	9	8	6	3	4
4	9	8	7	6	3	1	2	5

Yesterday's Crossword



Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

APNMBR U ZNSOZ CNNI UCNMD ANST AMJTG-JNDTHD CUIOHQ ADMYY QTD DODBTR "DPT YUHDUADOZ YBNMG"?

Yesterday's Cryptoquip: A RESTAURANT, FEELING LIKE IT DIDN'T CHARGE ENOUGH FOR FILLETS, DECIDED TO RAISE THE STEAKS.

Today's Cryptoquip Clue: D equals T

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today 11°/1° Variable
Thursday 13°/5° Variable
Know what the weather will be 14 days from now.
Check the 14 day trend.
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Horoscope

Aries | March 21 - April 20. You can make things happen today through sheer force of personality. There is no such word as "can't" in your vocabulary.

Taurus | April 21 - May 21. Sometimes in life, you have no choice but to sit back and wait it out. This is one of those occasions.

Gemini | May 22 - June 20. Whatever you do on the spur of the moment today will work out well – or at least do no lasting damage.

Cancer | June 21 - July 22. Sometimes you can be a bit too cautious for your own good, which means you don't always achieve what you should.

Leo | July 23 - Aug. 22. With mind planet Mercury at odds with Pluto today confidence alone won't take you far. Plan ahead.

Virgo | Aug. 23 - Sept. 22. A rival may have more talent than you but you possess something infinitely more important: staying power. Keep that in mind.

Libra | Sept. 23 - Oct. 22. You need to free yourself of something that is holding you back. Be ruthless and don't let friends and family members talk you out of it.

Scorpio | Oct. 23 - Nov. 21. You don't need permission to think, speak or act. Stand up for yourself and your beliefs!

Sagittarius | Nov. 22 - Dec. 21. It'd be a mistake to do anything strenuous over the next 24 hours.

Capricorn | Dec. 22 - Jan 20. Don't be afraid to explore new experiences. The Sun in Taurus at this time of year makes you incredibly adventurous.

Aquarius | Jan. 21 - Feb 18. The more you try to move in a certain direction, the more events conspire to block your progress. Take the hint and hold back for a while.

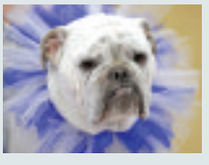
Pisces | Feb. 19 - March 20. Something will happen today that throws your plans into disarray. It's all good. SALLY BROMPTON

Caption Contest

"What did you say about my mama?!"
Danielle

FRANK AUGSTEIN/THE ASSOCIATED PRESS

Win!



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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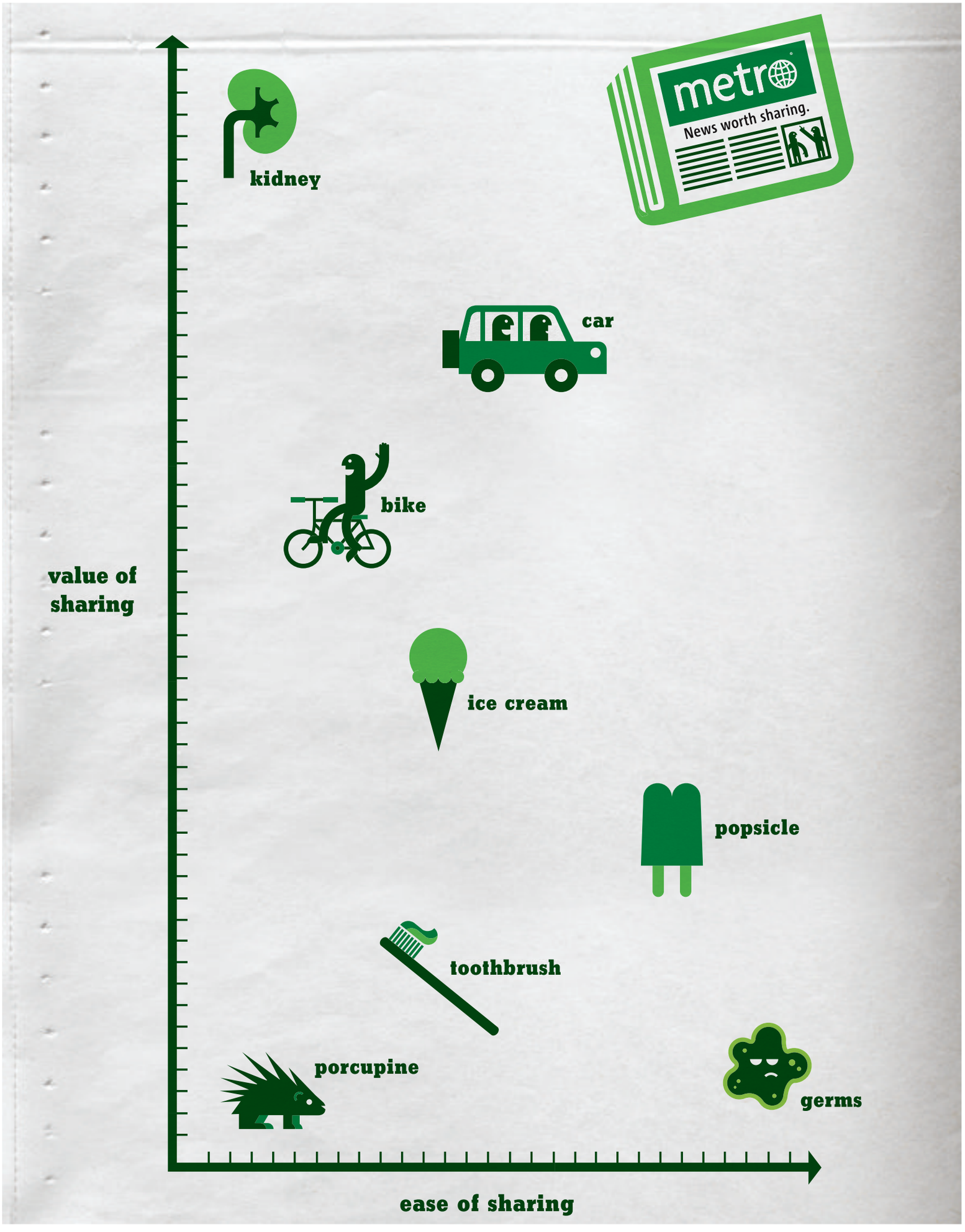
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